

# KEEP YOUR COOL WITH YOUR KIDS

**K**now your limits. Accept what you can't change...for now.

**E**ase your tension. Take a walk, listen to music, splash cold water on your face.

**E**ncourage your children's positive qualities and constructive behaviors.

**P**hone a friend. It helps to share your concerns and talk things out.

**Y**our example helps your children learn to handle anger. Be a good role model.

**O**pt for the counting cure if needed. Count to 10...20...or 100.

**U**se your kitchen timer for "time out" before disciplining.

**R**emember that everyone slips up at times, including your children.

**C**ount your blessings; these include the children you love.

**O**rganize time away from your children so you enjoy your times together.

**O**ut of ideas to handle anger? Consider parenting classes or professional counseling.

**L**earn which "cool down" methods work best for you and use them.